

MEDICAL DATEBOOK

WED, SEPT. 5
SLEEP APNEA ASSOCIATION
 A.W.A.K.E. — a support group for people with sleep disordered breathing will hold a fall kick-off meeting from 7-8:30 p.m. The group meets in classrooms one and two in the Garden City Medical Office Building (6255 Inkster Road) Garden City. Meetings are free and open to the public. The group is hosted by the Garden City Hospital Sleep Disorders Center.

MENOPAUSE SUPPORT
 The Menopause Support Group of St. Mary Mercy Hospital will meet from 7-9 p.m. Sept. 5 and Oct. 5 to discuss concerns, feelings and experiences about mid-life health issues.

THUR, SEPT. 6
INFANT CARE CLASSES
 St. Mary Mercy Hospital will offer a two-part class designed for parents and caregivers of newborns. Classes will include "Getting to know your newborn" on Sept. 6, and "Caring for the sick infant" on Sept. 13. Both classes will be held from 7-9 p.m. in West addition "A". The fee is \$18 per class or \$35 for both classes. Pre-registration is required. Call (734) 655-1100 for more information.

WED, SEPT. 8
WELLNESS CAFE

The Wellness Café will open its doors to cancer patients and survivors 9:30 a.m. Sept. 8. People with cancer and their families are invited to sample a variety of multiple healing services. The center offers an integrated approach to health that includes: Nutritional counseling, exercise, massage, yoga, meditation, music, art therapy and support groups. The Wellness Café is coordinated by McAulay Cancer Center of Saint Joseph Mercy Health System and the University of Michigan Comprehensive Cancer Center. Call (734) 615-4012 to make reservations for this free event.

MON, SEPT. 10
THYROID DISORDER SUPPORT
 Meets at 8:30 p.m. in the Plymouth Library, 223 S. Main in Plymouth. The program will start at 7 p.m. and will feature Dr. Gary Weltman from Princeton in Novi. Call Tracy Green at (734) 463-7945 or e-mail mltg@mediacore.net

TUE, SEPT. 11
BREAST CANCER
 The Breast Cancer Support Group of St. Mary Mercy Hospital will meet from 7-9 p.m. Sept. 11 and Oct. 9 to help survivors address topics and concerns relating to breast cancer.

MOTHER-BABY POSTPARTUM
 The Mother-Baby Postpartum Support Group of St. Mary

Mercy Hospital will meet from 10-11 a.m. with a lactation specialist to talk about the post-partum period of adjustment. Infants welcome.

DIABETES EDUCATION SERIES
 St. Mary Mercy Hospital is offering a series of classes entitled: "Taking Charge of Living With Diabetes." The series is designed to help diabetics over age 18 with self-care and diabetes management. Five classes will be held from 7-9 p.m. on Sept. 11, 13, 18, 20 and 25. The classes are held in Pavilion A. To pre-register, call: (734) 655-8940.

WED, SEPT. 12
ARTHRITIS
 St. Mary Mercy Hospital will present the Arthritis Foundation of Michigan's "Arthritis Self-Help Course" during a series of three classes to meet on Wednesdays, Sept. 12, 19, and 26. Classes meet from 1-3 p.m. in the hospital's Pavilion Conference Room A. People with any form of arthritis or related diseases may attend. The seminar costs \$20 per person plus \$5 for a spouse, family member or a friend to attend with the registered participant. Pre-register by calling (734) 655-8940.

THUR, SEPT. 13
ADULT CPR CLASS
 On Sept. 13 and Sept. 19, St. Mary Mercy Hospital will offer CPR instruction by certified

trainers. Classes meet from 6-9 p.m. in the hospital auditorium. The first class will focus on adult CPR and the second day will focus on CPR for infants and children. Omar Pearson rescue technique, and the Heimlich maneuver will be taught. Participants will receive a written exam and card. Pre-registration is required. Call (734) 655-8940 to register.

SAT, SEPT. 15
PROSTATE CANCER FORUM
 The American Cancer Society hosts, "Let's Talk About It" at the Focus: HOPP conference center in Detroit. Motivational speaker Les Brown will share the story of his personal battle with prostate cancer. Local medical professionals will talk about prostate cancer screening, complications and treatment options. The free forum is open to the public and lunch will be provided. The registration deadline is Aug. 24. Call (248) 657-5363.

TUE, SEPT. 18
GRIEF RECOVERY WORKSHOP
 Hospice of Washtenaw will host a five-week grief recovery workshop beginning Tuesday, Sept. 18 for five consecutive Tuesdays, ending Oct. 18. The workshops will help people who have lost loved ones adapt to the loss and develop new skills in coping. The workshop series is open to the public and there is no charge. It

is recommended that participants attend all five sessions. All discussions are confidential. Registration is required. Call (734) 327-3409 for more information.

SAT, SEPT. 22
AMERICAN HEART WALK
 Join your friends and neighbors in a walk to stamp-out heart disease. The non-competitive walking event will feature a one mile and a 2.5 mile route on a slightly hilly course at Oakland University. The walk will also feature a festival area with fun for the entire family. Funds raised will help support life saving cardiovascular research and local educational programs. Call the American Heart Association: (500) 968-1793.

ALTERNATIVE TO DIETING
 Schoolcraft College (18600 Haggerty Road) Livonia, presents the Think Trim program as an alternative to dieting. The workshop 9 a.m. to 4:30 p.m. Participants will learn to develop a moderate approach to eating and exercise, and acquire the skills to stay motivated for a lifetime. Fee for the workshop is \$57. To register call (734) 462-4413.

THUR, SEPT. 27
STUTTERING SUPPORT GROUP
 The support group helps adult stutters improve fluency skills and learn coping techniques. The group meets from 6:30 to 8:30

here in Livonia — a lot of people do not know about our cancer program," he said.

TUE, OCT. 2
CHANGES IN HEARING
 "Understand Changes in Hearing" free seminar on Tuesday, October 2 from 1-3 p.m. at Willow Creek Clubhouse in Westland. Speakers include Marilynyn Goering, adjunct assistant professor of the Gerontology Department at Madonna University; Dr. Greg Stephens, D.O., ear, nose and throat specialist with Holzworth/Stephens in Garden City and Trenton; the audiology staff of Personalized Hearing Care in Westland. Experts in gerontology, otolaryngology and audiology discuss how and why hearing changes, the consequences of hearing loss and what to do to accommodate hearing changes. Call (734) 467-5100 for reservations and directions.

SAT, OCT. 6
AEROBIC CERTIFICATION
 Potential and current fitness instructors will learn basic academic and practical application of teaching group exercise. No college, science or teaching background is required.

Hair from page D4

"It's vitally important. When you meet others with trich you begin to realize and appreciate how normal you really are."
 Gloria said she has found solace through the support group.
 "I could identify what I did with what other people did. It was comforting."
 The group is even planning a second annual picnic — or "trichnie" in October.
 "Slide said that anytime the media does a story on trich, she can expect an increase in the number of calls.
 "I probably have over 400 people on my mailing list, and I still get a pretty consistent number of calls," Slide said.
Hope and Help
 Pearson said she wants to

offer hope to those with trich.
 "We have a whole lot of things that help a lot of people. We don't have perfect answers yet, but we have a lot of tools."
 Pearson knows first-hand the emotional pain the disorder can cause. Although she now has a full-head of strawberry blonde hair, she has battled trich for years.
 More information about trich can be found at the Trichotillomania Learning Center's Web site: www.trich.org. The site also provides links to more information and to online support sites. The TLC can be reached by calling (821) 457-1004. For more information on local support for individuals with trich and their families call Bobbie (734) 522-8907.

Cancer from page D4

marketing and public relations for the hospital.
 Only 25 percent of cancer centers receive accreditation from the American College of Surgeons, Sproul said.
 "We go through a process that standardizes the quality of care across the nation, said Dr. Omar Majid, a radiation oncologist and chairman of the cancer committee at the hospital.
 Approval by the commission is given only to those facilities that have voluntarily committed to provide the best in diagnosis and treatment of cancer, and under-

go a rigorous evaluation process and review of its performance, Sproul said.
 "Majid said it took the hospital several years to achieve accreditation."
 "We started working on it in 1996 — its taken us a good five years," he said. "They (the American College of Surgeons) have a very low tolerance for any defects of low compliance."
 Majid said the accreditation gives cancer patients confidence in the hospital.
 "They get a sense of security that they are going to get quality

care and they don't have to travel," he said.
 The cancer program at St. Mary Mercy Hospital consists of a complete cancer treatment cycle: including diagnosis, assessment, treatment options including chemotherapy, radiation therapy and brachytherapy, as well as follow-up, Sproul said.
 Dr. Harmesh Naik, medical director of the Oncology unit, called the accreditation. "A giant step forward."
 "I personally consider it a very proud achievement," he said.
 "We are like a hidden gem

here in Livonia — a lot of people do not know about our cancer program," he said.
 Naik said the size of the hospital makes a difference in patient care.
 "Being a mid-sized hospital we are much more nimble and fast. We can provide more personal care," Naik said.
 Majid said he has a personal motto for the cancer unit at St. Mary Mercy Hospital.
 "We may cure many people, but we comfort all," he said.
 "We are like a hidden gem

Read the HomeTown Life section every Thursday

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